



## PROVIDER REFERENCE CARD

### Promotion of Tobacco Use Cessation in the Primary Care Setting

#### Key Elements

Ask patients about their use of tobacco.

Assess patients for their stage of “readiness to quit”.

Assess for medical and psychiatric contraindications to smoking cessation.

Refer patients who are ready to quit to a tobacco cessation program.

Provide appropriate education and counseling to advance the patient to the next behavioral stage of readiness if currently not ready to quit.

Provide an office-based intervention of education, self-help materials and/or pharmacotherapy to patients who are ready to quit but who are unable to attend a tobacco cessation program.

Every person should be offered pharmacotherapy except when medically contraindicated.

Assess the risk of relapse and provide relapse prevention counseling. This is important in reinforcing abstinence and preventing future relapses, especially during the first three months after cessation.

#### Proposed Tobacco Use Cessation Metrics

##### *Provider Level Metrics (Medical and Dental)*

Percentage of patients screened at least annually for tobacco use

Percentage of tobacco users counseled to stop at least three times in the past 12 months

##### *System Level Metric*

Percentage of patients who currently do not use tobacco

